

我們的
故事

OUR STORIES

華裔婦女與癌共處的經歷

Experiences of Chinese Women Living with Cancer

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前言

人不應該孤單面對癌症。對癌症患者而言，知識與支持極為重要，能幫助他們應付癌病這種經歷。在美國，基於語言及其它阻隔，只諳中文的華裔癌病患者往往不能獲得社會為主流人士提供的資訊與服務。還有，對“癌”的一些根深蒂固的思想觀念、受隔離的懼怕，構成進一步的障礙，令病者接受不到應得的支持。

一九九四年，三藩市華埠公共衛生局與社區組織合作首創華裔癌症婦女互助組。該小組為只諳華語的患癌婦女提供安全的環境，讓她們傾訴，分擔個人的恐懼、顧慮、期望，但不必擔心受批評。小組溶匯東西方的治療方法，輔助患癌婦女渡過療程，得到治療與復原。小組亦減少她們的隔離感和懼怕。此外，一個為患者的兒女而設的兒童互助組“遊戲醫生”也得以創立。透過美術和遊戲，孩子和他們的親人得到輔助，更能應付“癌症”。提供這些服務的工作小組成員，包括雙語、雙重文化的健康專業人士。她們不斷地更進治療方針，以配合這些華裔婦女因文化背景而產生的需要。

多年來，互助組從創立階段起，不斷更進和擴展。許多只諳華語的患癌婦女，克服語言的障礙及對癌的恐懼，帶著力量地透過縫製掛被、公開演講及講述個人經歷等活動，與他人分享自己的體驗。一九九八年，在陳余風慈女士的鼓勵發動下，互助組組員合製第一張華裔婦女的癌見證藝術掛被。該掛被的主題是“善待自己，創建新生”。它表現了這些婦女的勇氣，盼望，毅力，為她們的健康與生命致力奮鬥。這張掛被對社區的出類貢獻，深受讚賞認許，於二零零零年得到合眾文化癌症輔助會 (Intercultural Cancer Council) 頒發“盼望獎”，以示嘉賞。

二零零一年，更多的華裔癌症婦女們參與編製第二張掛被。本書講述各婦女的經歷和她們的創作。這些勇敢可嘉的婦女已重整她們的生命，克服了恐懼與隔離感，亦曉得為自己和家庭尋到治療的途徑。她們要在華人社區作外展工作，用藝術創作及分享個人的經歷，公開見證自己的體驗。她們勸告其他婦女接受健康檢驗，及時察現癌症，趁早取得醫治。她們希望其他癌症患者從她們的故事中得到安慰與力量。最後，她們盼望社區人士能消除對癌的恐懼，對患者施以愛心和接受。

這本書就是她們患病與康復歷程的見證。

FOREWORD

No one should have to face cancer alone. Knowledge and support are vital components in helping people with cancer to deal with their experience. Yet for the monolingual Chinese speaking person with cancer, language and access barriers hinder them from obtaining the needed information and support services available in the mainstream. In addition, ingrained cultural beliefs about cancer and the fear of being isolated further prevent these individuals from receiving the support that they need.

In 1994, Chinatown Public Health Center, in collaboration with community agencies, founded the first support group for Chinese speaking women with cancer. The group provides a safe place for Chinese speaking women to talk about their fears, concerns, and hopes without judgment. It integrates Eastern and Western healing modalities to assist women in their healing and recovery journey. The support group has reduced the women's isolation and fear. Additionally, "Dr. Play," a therapeutic support group for children whose mothers have cancer was started. Through the use of art and play, the children and their families have been helped to better cope with cancer. All these services are provided by a team of bilingual, bicultural health professionals who continuously tailor their therapeutic interventions to meet the cultural needs of these women.

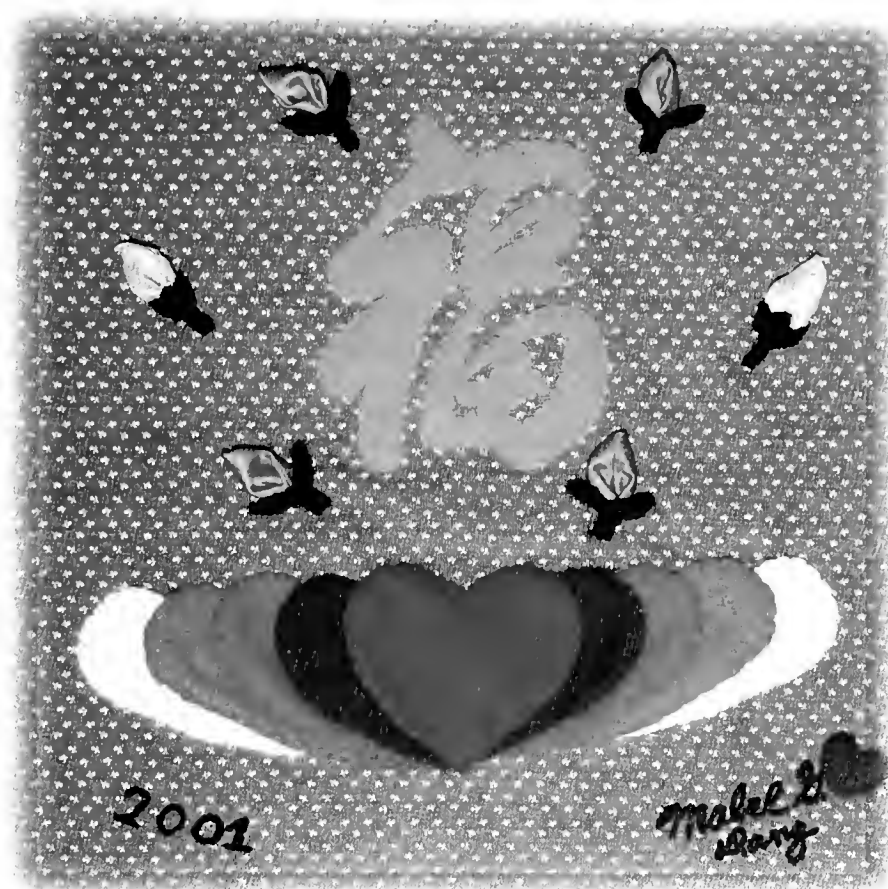
Over the years, the program has emerged, evolved and expanded. Many Chinese speaking women with cancer have overcome language barriers, fear about cancer, and have felt empowered to share their personal experiences through quilt making, public speaking, and storytelling. The first Chinese women's cancer quilt was created in 1998 under the inspiration and leadership of Sarah Chin. The theme of the quilt is "To Nurture Self Is To Create New Life". The quilt represents the women's courage, hope and strength of spirit in their fight for life and health. In recognition of the group's outstanding contribution to the community, it received a HOPE Award from Intercultural Cancer Council in 2000.

A second quilt has been created in 2001. This book is about the quilt pieces and the experiences of Chinese women living with cancer. These courageous individuals have made resurrections in their own lives. They have risen above fear and isolation, and they have sought ways to heal themselves and their families. They are now reaching out to the larger Chinese community in an effort to become visible through their artwork and story telling. Their advice to women is to get health screenings for early cancer detection and treatment. They hope that other people with cancer will be comforted and find strength in reading these stories. Finally, they hope to dispel the fear about cancer and that people become more compassionate and accepting towards people who do have cancer.

This is a testimony of their journey.

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MABEL DANG

I

祝福

五十一歲／乳癌／三年

我發現自己罹患乳癌是一九九八年的九月。當我得知自己病情時，我感到非常恐慌及焦慮，彷彿自己的生命將被癌症吞噬而消失。我把這個消息告訴了我的先生及子女們，也將病情告知我的母親及兄弟姊妹。至於同事和朋友們，我選擇幾位我比較能信任及相信能接受的朋友知道。我通知了我的主任，因我經常要請假。

對我而言，能“容納”及“被接受”是很重要的。中國的傳統文化讓人認為疾病會帶來負面影響，會叫人想保持距離。這也是為何我遲疑著不和年長的親友們討論我病情的原因。“擔心是否會被接受”是我與親友們之間最大的隔膜。與癌共處的時光裡總有不斷的焦慮，每一個小腫塊都會引起莫大的恐懼。

編製這塊藝術掛被，我花了很多心思，也換來無限的驕傲。我自己購買了紅、粉紅、黃、黑、綠色的布料，從中午工作直到凌晨二時。向外散發的心型圖案，代表我開放自己的心，與外界接觸，並代表癌症婦女互助組的組長們給我的支持。掛被上的花朵代表我內在的治療力量，如花一般，充滿生命力。當然，我盼望我的將來，就如中國人喜愛的“福”字，給予我福氣、喜樂與希望。

很感謝互助組的每位成員及工作人員，讓我有個能發表己見，提出問題，分享我的經驗及放下我的重擔的地方。最重要的是我不再單獨地去面對癌症。

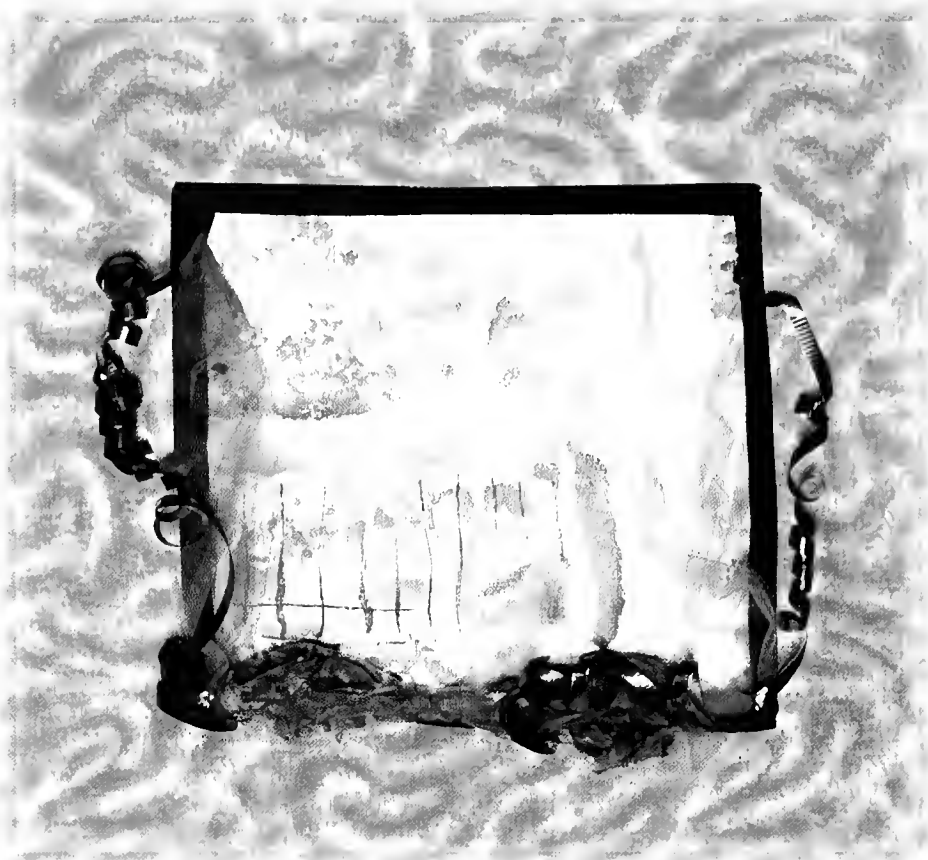
Blessings

Age: 51 / Breast Cancer / 3 years

“Acceptance” has been my biggest concern after the shocking diagnosis of breast cancer in September 1998. In the Chinese culture, disease can have a negative impact on relationships. People often shun victims of illnesses. Although I told my family and a few trusted friends about my illness, the issue of acceptance has been the major barrier between others and me.

Involvement in making the quilt gave me renewed strength and hope. I put time and energy into choosing the right fabrics and designs for my piece. Sometimes I would work from noon until two in the morning. The pattern of the outreaching heart represents my own heart and the assistance from the support group leaders. The flowers on the quilt signify my inner power to heal that is vibrant with life. I also hope that my life ahead will be filled with blessings. I am thankful to the support group members for allowing me to express myself, share my burdens, and to ask questions. Most important, I no longer feel isolated in the face of cancer.

Alice Chan



我患乳癌的歷程

五十二歲／乳癌／七年

一九九四年七月，我被醫生診斷出罹患了乳癌。事發突然，再加上我完全沒有心理準備，所以我不肯相信，也不願意接受這突如其來的消息。當時自己對癌症的了解不多，感到非常無助。

我那時精神很緊張，無法平心靜氣地與孩子討論我的病情。自從我參加了癌症互助組後，我不但能勇敢地面對癌症，更能冷靜的和家人、親戚、朋友討論，與他們分享一些專業的資訊。我覺得中國人的文化對癌症及疾病抱有保守、自私及無知的態度，故不能客觀地去得到正確的知識。

對一個與癌症共處的人而言，關懷、精神及心理的支持是最重要的。另外，學習得到心靈的恬靜也是不能疏忽的。參加“藝術掛被”工作坊是很有意思的，可以感覺到許多的希望、情感和關懷，一針一線密密地緊緊縫在一起。在此，非常感謝互助組的組員和工作人員們的努力與付出，讓我學會愛惜及享受生命，並能盡情放開懷抱。

Having Breast Cancer

Age: 52 / Breast Cancer / 7 years

When I was diagnosed with breast cancer, I found it unbelievable and unacceptable. I felt helpless. I became high-strung and could not discuss my illness calmly with my children. Ever since I started participating in the cancer support group, I have been able to face cancer bravely, and to share information with my family and friends. I feel that Chinese people traditionally tend to hold a selfish and ignorant attitude towards cancer and diseases; this keeps us from acquiring accurate information. For people with cancer, emotional support and caring are very important. Learning to achieve a calm spirit is also essential for the individual. Participation in creating the quilt allowed me to feel hope and love. I appreciate the group members and leaders. Their hard work has helped me to love life and to live freely.

從參與中建立互助網

四十八歲 / 乳癌 / 兩年

我是在一九九九年九月份被診斷患上乳癌。其實，大概在確診的一年前，自己已經發現腫塊的存在，也意識到那可能是癌。但由於“癌”字一向在我的認識裡是與死亡劃上等號，內心的恐懼使我不敢面對現實，自欺欺人的盼望那不是癌，盼望它慢慢地消失。更錯誤的想法是，如果它是癌的話，那我就只好等死了！後來經過一系列的檢驗，經醫生證實是乳癌。面臨手術、化療及電療，真是既害怕，又一無所知。以前聽過的是一些負面的訊息，所以整個人非常消沉和自閉，腦海裡只是充滿著死亡的陰影。

在我做完手術後，我參加癌症婦女互助組。第一次接觸互助組的時候，她們跟我想像中的完全相反；大部份組員外表非常精神和健康，看不出曾經患癌症。當我講述自己病情及治療的恐懼時，忍不住流下淚來。其他組員紛紛安慰我，並將自己的經驗告訴我。一位組員說：“我曾做過手術、化療及電療，而康復過來，妳看我現在不是好好的嗎？不要怕！妳也會和我一樣的。”我記得另一位組員，她給我的印象十分深刻。她十五歲開始患癌至當時五十二歲，三十多年內，她先後經歷過多種癌症，但她並沒有放棄，樂觀積極地與病魔對抗。她的毅力使我感動，並給我很大的啟示。癌症畢竟是嚴重的疾病，親人的支持和安慰固然十分重要，但有什麼比有相同病症的人現身說法更有說服力呢？

看見這些活生生的例子，她們的勇敢和積極給了我巨大的鼓舞和希望，心裡想：“別人能接受的事實，能克服的困難，難道我不可以嗎？”我充滿信心，我一定做得到！就這樣，在接下來的八次化療期間，我都參加互助組。每次我們有互相分享內心的時間，一起練習太極、氣功，交流輔助治療的最新訊息，還學習了很多有用的技巧，如精神的鬆弛運動，治療的聲音，靜坐默觀，指壓按摩，健康營養飲食，和諧的溝通及學習消除負面思想。這一年來，我經歷了兩次手術，八次化療，三十多次電療，互助組對我的思想情緒及精神起了治療作用，扭轉了我對癌症的觀念，提昇了與癌症對抗的質素，加強了克服癌症的信心。

尤 桂菲

Building A Support System from Participation

Age: 48 / Breast Cancer / 2 years

I was diagnosed with cancer in September 1999. Fear made me ignore and deny a lump that I felt a year earlier. To me, “cancer” meant “death” Worse yet, I thought that if I had cancer, I could only wait for death to come upon me. When faced with series of diagnostic tests, surgery, chemotherapy and radiation, compounded by negative sentiments and perceptions, I became very depressed and withdrawn. “Death” dominated my thoughts.

I was referred to the Women’s Cancer Support Group. It was totally different from my expectation. Most members appeared well and healthy. They did not look like cancer patients. They offered me encouragement and comfort when I voiced in tears my experience and fears. One member in particular impressed me with her energy and positive outlook. She had had different cancers since the age of 15. She was then 52 years old. She had not given up on herself! Her exemplary strength gave me inspiration. Cancer is a devastating disease. Support from friends and family is essential, but what can be more convincing than testimony from someone who has experienced the same illness?

The positive role models from the support group gave me hope and reassurance. I told myself: “If other people can live with cancer and overcome hardships, why can’t I?” Participation in the support group has helped to heal me emotionally. Now I have a different outlook on cancer. Now I have increased stamina and confidence to fight and win the war against cancer.

真



真的自傳

六十二歲／乳癌／十八年

一九八三年，因為有一位同事發現罹患乳癌，於是我回家後立刻自我檢查。天啊！我也有一粒在右乳下部，與先前切除的不同。在好友的催迫下，我找到我的上司外科手術組主任醫生作切片檢查，結果是乳癌，右乳連淋巴線也切除了。手術後，我的身體雖然很快復原，但因電療失誤，右肺燒了三分之二。自此以後，咳嗽不停，還患上如哮喘的氣管收縮。天氣轉變，快速行走，或工作過勞，我便會喘氣。我不能再做以前的運動，更痛苦的是右胸的神經常作痛。這些痛楚我都能忍受，因為都是短暫的。

感謝主醫治我，改變了我的個性，更在各方面給我機會及幫助。現在，六十多歲了，還仍可繼續工作。看啊！主的大能多奇妙，但願能如白鴿子般潔白飛翔，生老病死又何憂？

我在掛被上繡了一隻白鴿子，希望自己及其他癌症患者能充滿期望及和平。我常以自身去鼓勵有癌症的病人，不要害怕接受檢查及治療。更誠心希望他們能像我一樣，把一切交托主，便會活得快樂。

An Autobiography

Age: 62 / Breast Cancer / 18 years

In 1983, after a co-worker was diagnosed with breast cancer, I also discovered a lump on my right breast. At the urging of close friends, I underwent the diagnostic biopsy and was diagnosed with breast cancer. Although I recovered quite rapidly after the surgery, I lost two-thirds of my right lung because of an error in the radiation treatments. Since then, I have suffered from frequent cough and asthma-like symptoms. As a result, I no longer have the same endurance for doing exercises as before. Yet, despite all these agonizing changes, I give thanks to my Lord for having healed me, changed me, and helped me in many ways. Now in my sixties, I still work. I embroidered a dove on the quilt. I hope that all people with cancer, myself included, can have hope and peace. I would like to encourage others with my experience to receive treatment and put their trust in God. The almighty God can help us to live in joy. As a dove, we can live freely, overcoming the distress of life, old age, illness and death.



YEE

阿儀

互相幫助、彼此相愛

六十六歲／子宮癌／七年

我是一位新移民，不懂英文。一九九四年十二月，我罹患子宮癌，並且在三藩市醫院做手術切除。這是不幸中的大幸。我感謝美國政府醫療部門治療了我的病，從身體上清除了這個病灶。由於身體上突然出現這個自己意想不到的病，我精神上受到很大的打擊。在恢復期間我不能工作，精神壓力就更大。我感到孤單，苦悶，無望，有話無處訴，也不想對人講。我生活在黑暗中。

後來，我懷著困擾的心情來到互助組。小組的社工人員像親人般接待我，安慰我，並說：“阿儀，歡迎妳來，妳會好的。這裡有許多像妳一樣的華人婦女，大家會幫助妳，互相認識，談心，鼓舞。”

多年來，我一直堅持參加互助組談心，學習按摩，運動，鍛鍊等活動。這個組的人本來是互不相識，有不同的病情，不同的年齡和不同的生活背景，但我們有共同的語言，共同的心聲，共同的願望，大家說起話來很投入，很親切。

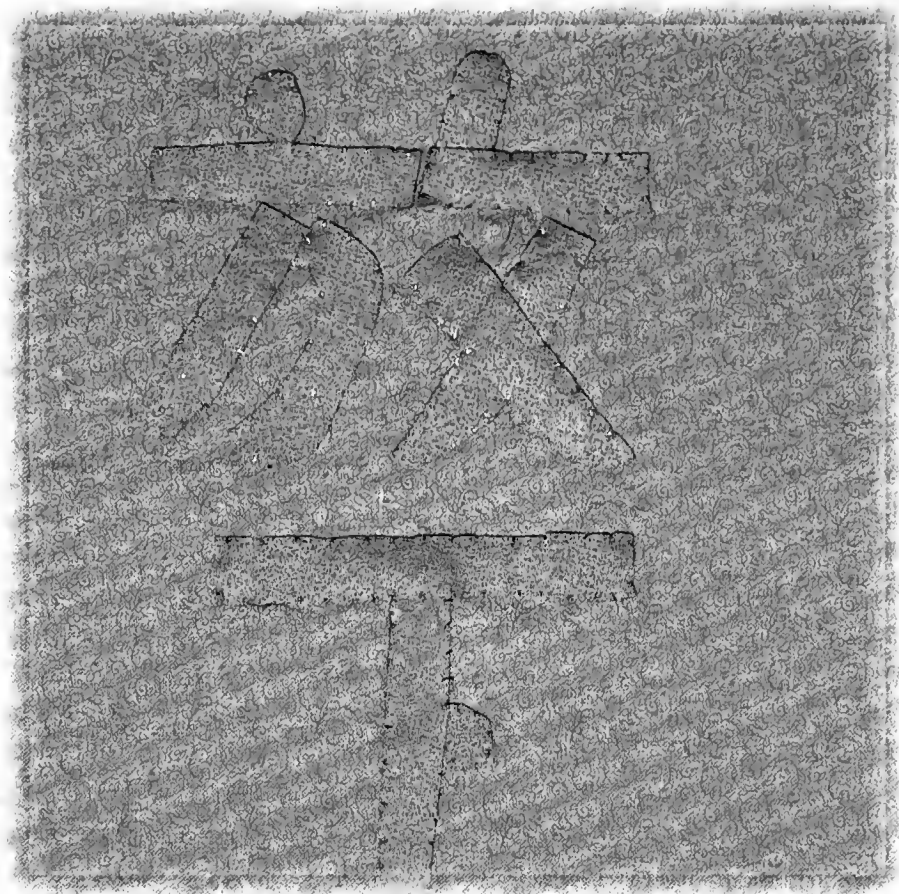
慢慢地，我的心境開始開朗；把自己從苦悶的心境中解救出來，重新認識自己，告訴自己，要面對現實，在現實生活中拋掉一切困擾，吸收更多有利於戰勝病患的力量，去戰勝癌病。我編製的掛被題目是“互相幫助，彼此相愛”，我盼望患癌症的華人婦女能互相幫助及扶持；盼望社區民眾也能支持患有癌症的人士，幫助患者從癌症的陰影中走出來。

Help One Another, Love One Another

Age: 66 / Uterine Cancer / 7 years

When diagnosed with uterine cancer in 1994, I was a monolingual Chinese speaking new immigrant. I received surgery at San Francisco General Hospital. While thankful for the medical treatment, I was faced with the consequence of this unexpected disease. Unemployment during my recovery period added to the stress. I felt alone, downcast, desperate and isolated. With restlessness I came to a cancer support group. I was received warmly by the group leaders who comforted me with words of assurance. I attended group meetings in which I shared my thoughts, learned to do massage, and to exercise. Although the women have different cancers, different ages, different backgrounds, we share the same hope and language. We became close friends. I began to feel better and more cheerful. I told myself that I must face reality, muster strength, and learn to win the fight against cancer. My theme for the quilt is “Help one another, Love one another.”

I hope that Chinese women with cancer will help and support one another. And, I also hope that the community will support people with cancer, help them to walk away from the shadow of the disease.



活著就好

六十二歲／子宮頸癌／十九年

一九八二年初，發覺自己經期不準，容易疲倦，我還以為是更年期，沒有理會。後來體重一路下降，才去見醫生。在診所流血不止，即時進入醫院。經過詳細檢查照X光等，診斷是子宮頸癌。當時，我沒什麼反應，這種情形還會是小事嗎？怎麼辦呢？還有個十五歲的兒子，責任未完，我要堅強！不能掉眼淚！見到孩子便說：“不怕！患癌又如何？死不了！就是死，你們都會自己照顧自己。”孩子們哭了，我還罵他們哭什麼。護士小姐告訴我，他們在外面哭。那一刻，我才掉眼淚。

第二星期，我因失血太多，要轉到另一間醫院輸血。在那裡，我幸運地遇到一位有愛心又細心的癌科醫生。檢查後，醫生決定用電療法，我不用住院，電療時才到醫院去。經過三個多月的治療，我開始康復。半年後已正常。電療期間，我也沒特別的痛苦，算幸運吧！

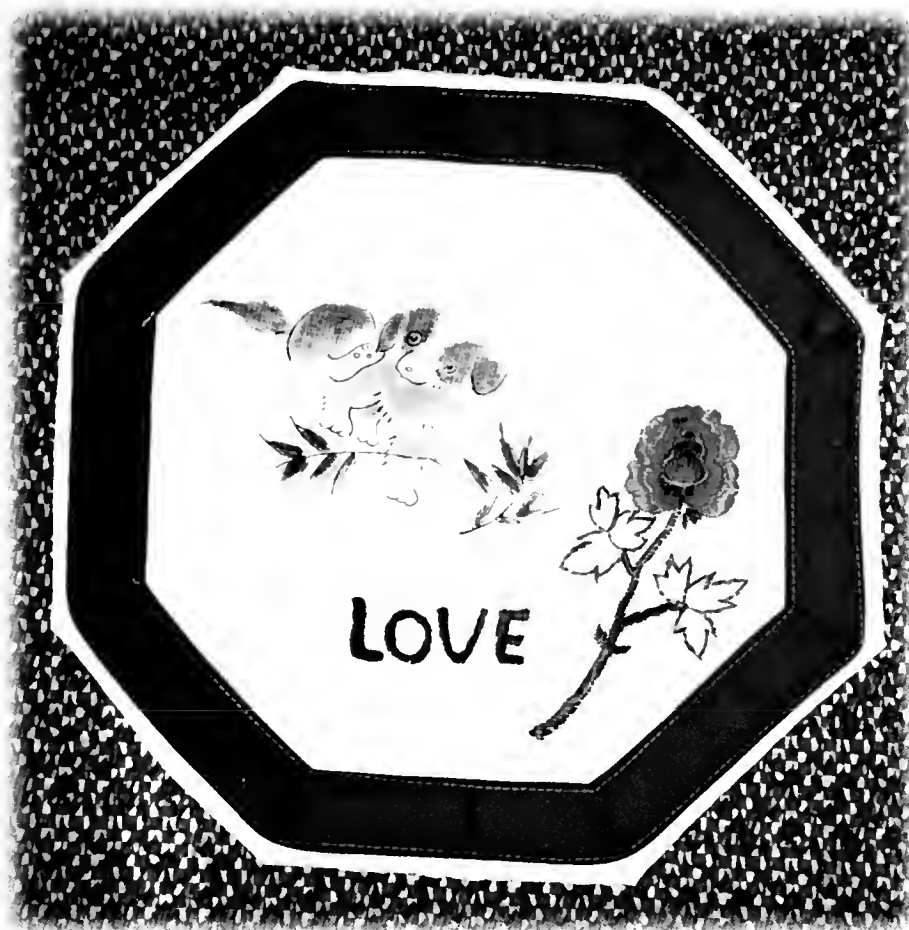
很不幸，在一九九八年十月，我下體見血。去見醫生後，斷定是癌症復發。我還見了三位專科醫生，最後要做手術，而且是大手術，子宮，膀胱等等一起切除。手術後，苦不堪言。

這回走過鬼門關，我才真真正正懂得珍惜生命。我現在心境釋然。這次參加“藝術掛被”的製作，在掛被上繡了“放下”二字，是希望提醒自己及患癌症的婦女，要放下一切，放下一切負面思想和憂傷，要開開心心，因為活著就是最好。

It is Good to Be Alive

Age: 62 / Cervical Cancer / 19 years

In 1982, I had irregular menstrual periods and fatigue. I took the symptoms to be signs of menopause. I went to the doctor when I kept losing weight. I was rushed to the hospital after hemorrhaging. When diagnosed with cervical cancer, I braced myself because I had many unfinished responsibilities. I had a 15-year-old son. I had to be strong, I would not cry. I even told my children: "Don't be afraid. So what if I have cancer. I may not have to die from it. Even if I did, you would be able to take care of yourselves." I even chided them for crying. Thanks to a kind and caring doctor, I received radiation treatments. In three months, I started getting better. In half a year, I was in remission. Unfortunately, 16 years later in October 1998, the cancer recurred. Three specialists attended to me and I underwent surgery to have my uterus and bladder removed. The road to recovery was painful this time. I have truly learned to cherish life. On the quilt, I embroidered the Chinese words "Let Go". I want to remind other women with cancer and myself to let go of negative thoughts and sadness. We need to rejoice, because it is good to be alive!



DIANA JIANG

克服病困

四十歲／乳癌／四年

一九九七年我做乳部自我檢查時發現有腫塊，後證實是乳癌。當時的我才三十五歲。這樣年輕，還有一個家，一個五歲及一個三歲的孩子需要我照顧。我十分徬徨無助，覺得自己的生命忽然間被癌症奪去。我非常的悲傷，情緒失落，心情很差。本來有一個開心幸福的家庭，而現在，只得失望，還給每位親人帶來無限的痛苦和掛心。我患這種病對兒子也有一定的精神威脅，他失去安全感，活在疑惑中。幼小的心靈添上了不應有的負擔，我好心疼。但現實是不能逃避的。我終於在九七年五月做了手術，並進行化療及電療。用了一年時間治療，當中我受了好多痛苦。

在我最失落的時候，帶著兩個孩子去癌症婦女互助組和兒童藝術治療組。在互助組中，一班同病相憐的姊妹互相關懷，互相支持，共同分享內心裡之苦水。這裡讓我身心開朗，增加自身對戰勝疾病的知識和力量，使我精神上得到安慰。我們參與自我治療，探索身心各方面的問題，學習減輕壓力及強化免疫系統的方法。見到組裡每一個患有癌的病人可以重拾信心，積極面對疾病，我自己也不再自憐自悲，克服了病困。

癌症患者是不分男女老幼和種族的，其患病率也越來越高，而且漸趨年輕化。以乳癌為例，每八位婦女就有一位會患上乳癌，事實是不可忽視的。癌症是可怕的，但在今天來說它已不是絕症。只要及早發現及治療，是可以完全康復的。很多華人對癌症比較保守，認識不深，一直避忌談論，但這是沒有幫助的。只有正確的認知和預防才是上策。

Overcoming the Snare of Illness

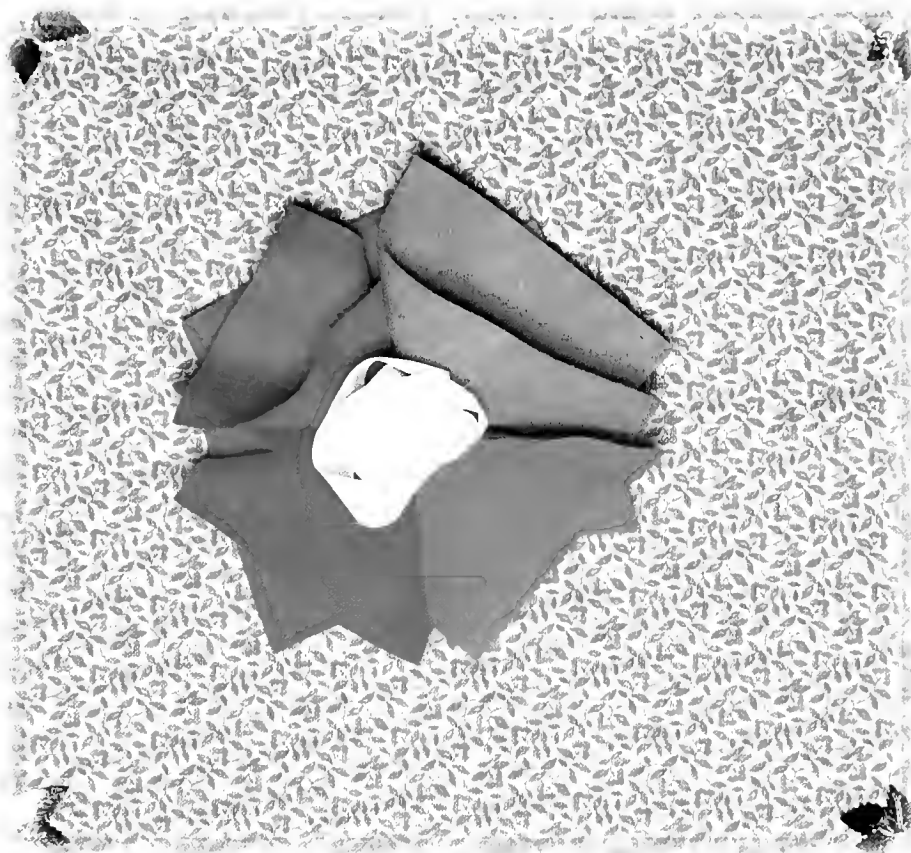
Age: 40 / Breast Cancer / 4 years

I was only 35 years old when I discovered that I had breast cancer in 1997. A happy family was suddenly thrust into despair. What hurt me even more was the pain that my loved ones had to experience, especially my sons ages 3 and 5, who were subjected to insecurity and apprehension. I underwent surgery, followed by chemotherapy and radiation. It was a year of treatment and pain. In the depth of agony, I joined a Cancer Support Group and my sons participated in a Children's Support Group. In the support group, I was able to share with others, to receive and offer support. In the nurturing environment of the support group, we learn skills for self healing, relaxation and strengthening our immune system. As I witnessed how individual members rebuilt their confidence and faced their illnesses in a positive spirit, I became able to snap out of self-pity and break loose from the snare of my illness. Cancer knows no age, gender or race. More people are becoming cancer victims at an increasingly younger age. Cancer may terrify us but it should not render us hopeless. It can be cured if detected and treated early. Not talking about cancer will not protect us against it; understanding and taking preventive measures will.

To Nurture Self is to Create New Life !

OUR STORIES

如夢



一個不幸人痛苦的經驗

三十五歲／乳癌／兩年

一九九九年八月，醫生診斷我得到乳癌。當時我才三十四歲，女兒還只是嬰孩。我不敢相信自己得了乳癌。對我而言，這簡直是難以接受的事實。我感到非常恐懼。隨著乳房手術日期的接近，心情更猶豫及矛盾。尤其是手術的前一晚，我站在鏡前，清清楚楚地了解到，過了今晚，一切都要改變了。

化療可說是最痛苦的經驗。第一天做化療時，身體反應最為激烈；計程車還沒送我回到家，就感到頭暈目眩。接著一整天，無論吃什麼都引起嘔吐；連膽汁和止吐藥也吐出來。後來告知醫生將藥量調整後，反應就不那麼激烈了。然而，每一次躺在病床上打著靜脈注射，可以清楚地感覺身體慢慢地失去力氣，人也跟著迷迷糊糊地。做第二期的化療時，我發現自己開始掉頭髮。這是患癌後最叫我害怕和心寒的經歷。照鏡時就更加難過：臉色已因化療而變色，頭髮及眉毛漸漸稀疏。洗頭時更恐怖，一盆盆的水因脫落的頭髮呈黑色。最後，體毛都落下，覺得自己的身體成為寸草不長之地，感到很氣餒。

從患癌到化療至現在，我還是不太願意和家人及癌症互助組以外的人討論患癌的經歷。我最怕的就是告訴朋友：一是不願他們擔心；二是不希望他們用異樣的眼光看我，因為現在還是有一些中國人認為罹患癌症是因為做錯事而得到的懲罰。我已慢慢地從悲傷中走出來。製作掛被時，我將心中的願望繡上去：我希望在罹患癌症後的人生，依然可以多彩多姿；這一次的經驗讓我了解到許多事要親身經歷和失去後，才懂得珍惜。所以我期望一切能夠有美好的重新開始。

The Agonizing Experience of an Unfortunate Person

Age: 35 / Breast Cancer / 2 years

I was diagnosed with breast cancer in August 1999. I was only 34 years old with an infant daughter. The night before surgery, I stood in front of the mirror, clearly knowing that things would be completely different from the next day on.

Chemotherapy was a most excruciating experience. During the first treatment, the side effects were horrible. I experienced severe vomiting. With each treatment, I could feel my strength slipping away. The worst part of this nightmare was when I started losing hair and looking pallid. As I progressed to lose my body hair, I was totally devastated. From diagnosis to the present, I would not discuss my experience with just anyone because some Chinese believe that cancer is a punishment for a wrong that had been committed. I am slowly coming out of my sadness. While taking part in sewing the quilt, I put forth my wish in the embroidery: life can still be bright after cancer. I have learned to appreciate things in life; I hope that I will have a good new start.

譚佩蘭



燦爛的太陽

六十三歲／直腸癌／十三年

一九八八年十二月，經醫生診斷後，發現我患有直腸癌。當時我很害怕。手術前已立下遺囑，並把首飾等分給子女。我的醫生曾說：“只要及早治療，您的病會痊癒的。”憑著醫生的這句話，配合我對自己的信心、積極的思想和安慰自己，再加上丈夫和子女給予很多支持，我漸漸走上康復的道路。

初時，我怕對同事講自己患了癌症，因為我很敏感人家對我患癌的批評。自從我聽過有些人對某位患有癌症的婦人的閒言閒語後，我便更加小心了。我知道，有些人不是以同情的眼光去看待癌症的。參加了互助組，對癌症認識多了。況且，大家坦誠透露內心感受，互相支持和鼓勵，人也輕鬆許多。我懂得享受生命，不那麼認真了。每年必定和丈夫出外旅行一次，欣賞各地不同的景色和文物，並願意為自己買些喜愛的東西，人感到開心舒暢。

一九九零年，我重返車衣廠工作。大家有說有笑，精神多了寄托。直至一九九八年退休後，我有空閒參加舞蹈班，大夥兒開開心心的，我感到很滿足。

這次製做掛被，我繡了一個太陽。太陽由東方升起，普照大地；地球上的萬物都需要陽光的滋潤。雖然有時烏雲會遮住太陽，但終究會雨過天晴。人生就像太陽一樣，能光明燦爛，有時也會遇到困難。譬如健康不好，但總會再次康復。現在，我已經完全康復了，活得很開心。製做藝術掛被是個非常有意義的活動，大家共同連成愛心，互相提供建議，互相扶持，分享經歷。

The Brilliant Sun

Age: 63 / Rectal Cancer / 13 years

I was diagnosed with rectal cancer in December 1988. I was very afraid. Before the surgery, I made a will and dispersed my jewelry among my children. I held on to the doctor's assuring remark: "You will be cured if you are treated in time." I tried to encourage myself with positive thoughts. Surrounded by the support of my husband and my children, I gradually recovered. Aware of some discriminating views against people with cancer, I was hesitant to tell my co-workers about my illness. After attending the support group, I knew more about cancer. From the open sharing, support and help in the group, I learned to relax and enjoy life. Now my husband and I go on annual trips. I am willing to buy things for myself and go to dance classes. I returned to my work at the sewing factory in 1990, and I retired in 1998. I am very happy now. I embroidered a sun on the quilt. Even though there are occasional overcasts, the sun continues to shine on the earth. We may experience sickness, but we can become healthy again. I found the quilt project to be a meaningful activity in which we shared our love and exchanged insight on life.

黃 遇宋



向陽

六十八歲／乳癌／八年

我於一九九三年九月發現自己的乳房有一粒硬塊。由於我沒有癌症的知識，所以沒有特加注意。直到一九九四年初，硬塊開始痛，才於三月份到三藩市總醫院請求檢查。醫生在四月給我做檢查，即診斷是乳癌，醫生建議開刀割除。因此，決定於五月中旬進行手術。手術後的化驗結果是早期乳癌，所以只用食藥，每日兩粒，服用五年便可康復。

後來，我參加了金美倫堂的癌症互助組及華埠公共衛生局的癌症婦女互助組，也成為三藩市防癌協會癌症資源中心的義工。在這些組織的幫助下，我認識到防癌的一些知識。我盡量保持心境開朗，適當的飲食及每天堅持一個半到二個小時的戶外活動。幾年來，我一直都能做到，所以我的身體基本上是健康的。

我的掛被圖案是向日葵。其含義是：向日葵的盛開是靠充沛的陽光與雨露；人要有健康的身體，是需要有適當的營養飲食與運動。

我時常在親戚朋友之間談及患癌的經歷，讓他們知道我曾患有癌症，且進行了切除手術。現在，我是健康的。如果患了此病，就要迅速醫治，不要拖延時間，要爭取在早期治療。這樣救活和痊癒才有希望。

Towards the Sun

Age: 68 / Breast Cancer / 8 years

I noticed a lump on my breast in September 1993 but did not pay much attention until it started hurting in 1994. By April 1994, I was diagnosed with breast cancer. In May, I went through surgery, and was put on a twice-a-day medication for 5 years. I later attended the cancer support groups at Cameron House and at Chinatown Public Health Center. I also started volunteering at the Cancer Resource Center of the American Cancer Society in San Francisco. From my involvement with these organizations, I learned about cancer prevention. I learned to keep a positive attitude, to eat healthy foods, and to have 1-1/2 hour to 2 hours of outdoor activities everyday. I have kept up with these healthful practices for years. I decorated the quilt with a sunflower. The sunflower needs sunlight and water to blossom; we need to have healthful eating and exercise habits to stay healthy. I share my experience with friends and families, and I encourage others to not delay in getting early treatment if diagnosed with cancer.



亞梅

我患病的感受

六十三歲／乳癌／兩年

我在一九九九年十月發現自己罹患了乳癌。知道醫生的診斷後，沒有胃口，胃漲氣到喘不過氣來，晚上也睡不好，好像全身都有病。我感到像被判了死刑，要立刻處決。這種感覺是非常痛苦的。

居住在美國的女兒、女婿及我的先生在思想上比較開通，能與我討論患癌的情況，電療的過程。當我將病情告訴他們時，他們給我支持及幫助。我沒把自己的病情告訴遠在大陸的兩個子女，因為不想讓他們替我擔心。我也沒有讓我的親戚朋友們知道我患有癌症。我覺得癌症是很可怕的，還可能致命。我相信有很多人跟我有相同的想法，我怕告訴他們我的病情後，會遭到排斥和孤立。

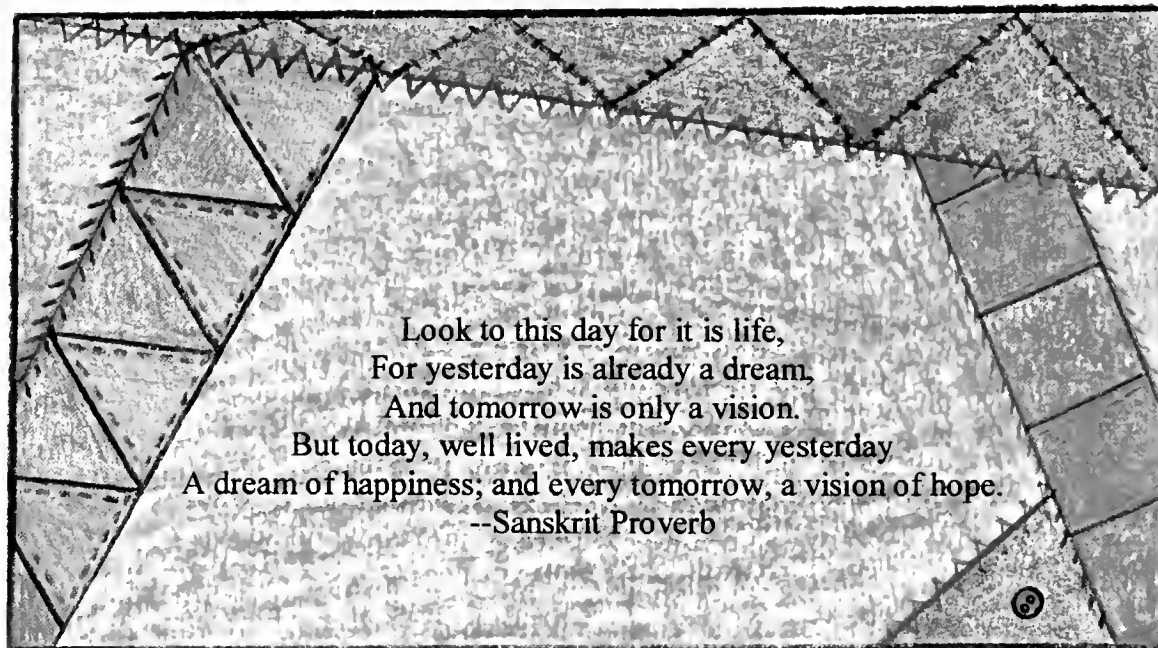
癌症婦女互助組給我的支持、幫助及關心，是我與癌症共處的日子裡最大的支柱。它讓我重新建立信心，振奮精神，也讓我能有決心接受治療。我現在能勇敢地面對癌症，不再畏懼。每天早起我去運動時，若見到太陽，心情就更加舒暢，開心。所以這次在“藝術掛被”工作坊製作掛被時，我繡了一個太陽，一個愛心及一個蘋果。太陽象徵著動力之源，愛心代表我自從患病至此所得到的關懷，而蘋果是意味著平安。我希望自己及患有癌症的婦女能開開心心地活著。

Thoughts on My Illness

Age: 63 / Breast Cancer / 2 years

The diagnosis of breast cancer in October 1999 was like a death sentence to me. I could not sleep or eat. I was able to discuss my disease with my daughter, my son-in-law, and my husband who live in the U.S., but I did not want to worry my two other children in China with the bad news. Out of fear of being avoided and isolated, I did not tell my relatives or friends either. The help and concern from the Women's Cancer Support Group have been the pillar of support in my days with cancer. I have found courage and determination to endure treatment. I am especially encouraged by sunlight when I do my morning exercise. On the quilt, I embroidered a sun, a loving heart and an apple. The sun is the source of motivation, the heart is the love I have received in the time of my illness, and apple signifies "Peace". I hope that all of us women who have cancer can live happily.

趙珠鸞



活得健康、活得精采

四十九歲／乳癌／六年

面對死亡的挑戰，往往會令人驚惶失措，滿腔怨恨，我也沒有例外。六年前，當醫生證實我患上乳癌時，我渾身麻木，心好像跌進萬丈深潭，兩條腿因過度恐懼不停地顫抖。我的生命受到死神的威脅，是多麼的無助，悲憤和震驚。懷著錯亂失落的心境，我憂慮身體很快被癌細胞吞噬，我抱怨上天不讓我和丈夫白頭到老，懊悔以前沒有好好的珍惜自己的健康。

我不甘心！雖然生死是自然規律，但我的生活是那麼優柔，家庭是那麼美滿，我怎捨得？我要振作起來，為本來一片美好的前景，勇敢面對癌症，與它搏鬥到底。“媽，你真的會死嗎？”八歲兒子無知的發問成了我積極對抗癌症的強心劑，我不能讓可愛的兒女失去他們的母親。於是我接受了手術，化療及電療。療程中切膚之痛，嘔吐之苦和脫髮之窘，我都咬緊牙關捱過去，半年後，我的體力漸漸恢復。我慶幸自己有機會可以為人生再一次出發。我定下新的目標，抱著信心要把健康再一次活出來。

轉眼我在抗癌這條崎嶇的山路上已走過六個年頭。有時颶風，有時下雨，情緒起落如過山車。但我牢記這場仗是要靠自己竭心盡力地去打。在陽光燦爛的日子裡，我珍惜留戀；在陰雨連綿的環境中，我也勇往直前。每一天，我都盡情享受活著的恩典和福份，去愛，去感恩，為精采的生命歡慶和歌頌！

Live Healthy, Live to the Fullest

Age: 49 / Breast Cancer / 6 years

Being confronted with death can be horrifying and infuriating. I experienced this personally. When I was diagnosed with breast cancer six years ago, I was overcome with fear. I felt I had descended into a bottomless pit. Being threatened with death rendered me helpless, angry and shaken. I worried that cancer would quickly consume my body. I complained that the gods would not allow me to grow old with my husband, and I regretted that I had not taken care of myself. Even if death is part of life, I was not ready to leave a comfortable life and a beautiful family. I decided to face cancer with courage and to fight for the future that I had anticipated. My 8-year-old son's innocent question "Mom, are you going to die?" became the motivating force in my battle against cancer; I could not bear the thought of my children losing their mother. I went through surgery and chemotherapy. I endured the pain of vomiting and the embarrassment of losing hair. Half a year later, I started to recover gradually. I appreciated this second chance to live, and I vowed that I would live up to a healthy life again. The journey has not been easy in these six years, but I must remember that this fight calls for all my effort. Rain or shine, I must press on. Each day, I enjoy to the fullest the mercy and blessings of life. I live to love, to give thanks, to celebrate and to praise!



吳 豔

人人珍惜時光

七十五歲／乳癌／七年

一九九四年，我做了每年一次的乳房X光檢查。當時照了數次，我已料到有些不對，因為往年不是這樣的。回家後，家庭醫生打電話通知我去見他。原來照鏡時真的發現有一個小塊。那時也沒什麼話好說，一切只好聽從醫生的指示。他即時幫我找手術科醫生，安排時間等等，手術也順利完成。

我和先生一起住，兒子也住大埠，小女兒住在聖荷西。我怕她擔心，所以後來才告訴她。結果她真的很擔心。她直接打長途電話去向我的家庭醫生瞭解詳細情況，又直接打電話到醫院找癌症專科醫生，藥劑醫生及一組醫生研究討論。經過一大回週折，我猜想她打了許多的長途電話，很勞神很細心地去研究我所患得癌症的種類。來參加華埠公共衛生局的癌症婦女互助組也是女兒事先問好的。有女如此，真讓我感到非常安慰。

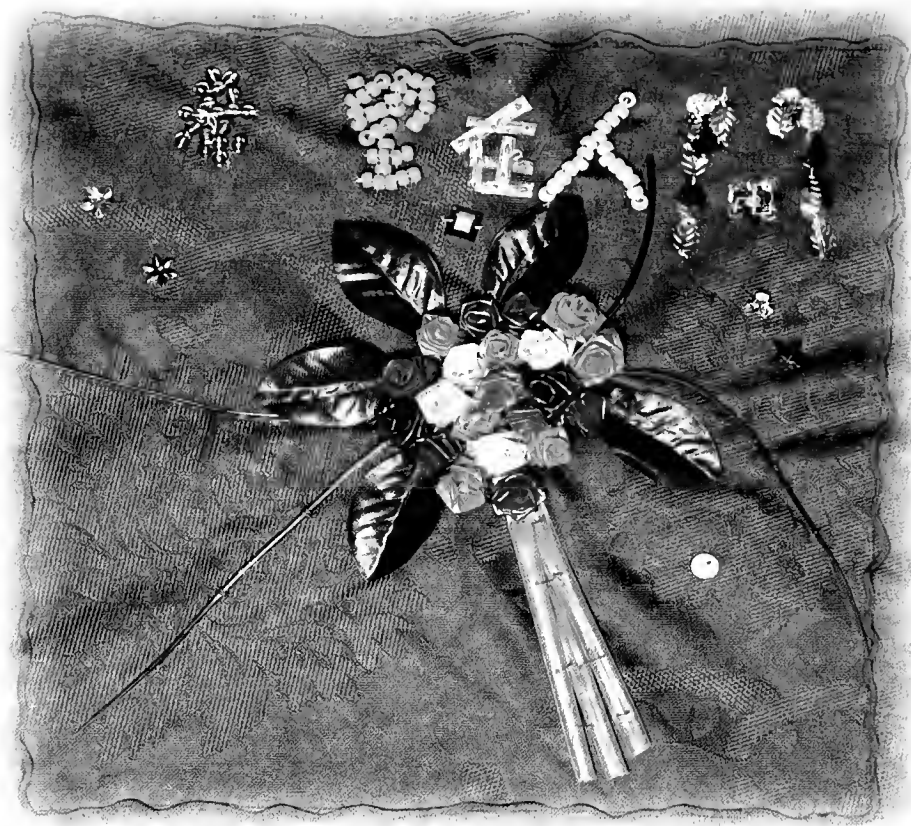
來參加“藝術掛被”工作坊的那天，在路上，天氣很好，陽光明媚。於是，我在掛被上繡了一個太陽及幾個結伴逛街的人。我心想，能快樂地生活在太陽下，與幾個朋友一起享受溫暖的陽光，是一件多另人開心的事啊！

Value Our Time

Age: 75 / Breast Cancer / 7 years

In 1994 during my annual mammogram, a lump was detected on my breast. The doctor made all the arrangements and I underwent surgery. My husband, my son, and I all live in San Francisco and my daughter lives in San Jose. When my daughter found out about my illness, she placed many phone calls to confer with the oncologist, pharmacist, and the attending physicians. She also inquired about the Women's Cancer Support Group for me. I feel very blessed because I have my daughter. It was a sunny day when I came to participate in making the quilt. Therefore, I embroidered a sun and a group of people taking walks on my quilt piece. It is good to be alive under the sun and it is good to share the warm sunshine with friends!

新生



不要妥協、爭取新生

四十三歲／乳癌／三年

一九九八年七月，我摸到我的左乳奶頭下有個硬塊，即告訴醫生，並進行抽片檢查，發現是乳癌。當時真是晴天霹靂，不相信這是事實。跟著動手術除去一邊乳房，然後進行化療、骨髓移植等治療。

在整個過程中，我承受了每次化療後的痛苦，加上當時無人可以傾訴，我曾想過自殺，甚至開車到海邊想跳海，一了了之。但想到身邊還有兩個幼小的兒女，我沒有這樣做。就在這時候，Kaiser醫院的醫生介紹我到癌症婦女互助組聚會。在整個過程中，她們對我的深切關懷，讓我深深地得到同情及了解。特別是陳余風慈女士與癌症做鬥爭的經歷，更讓我痛哭流涕，感動萬分。剎時間，我覺得她們的力量流到我的身上。自從有了與癌症抗爭的勇氣後，無論我病得多痛苦，我都掙扎到癌症互助組聚會。每一次我都能得到新的力量、新的知識。我誠意地多謝這個癌症互助組。沒有它，我不能順利渡過難關。互助組中善良組長，使我們每一個成員都感受到親情和溫暖，我們對人生有了生存的希望。不單只是我們癌症病人的改變，還帶動了家庭的變化。我丈夫接受我患有癌症的事實，在我化療期間全心全意地幫助我，愛護我。我的女兒對我體貼有加。她對我說：“Mommy, even if you are bald, I still love you. You still look beautiful!”多感人！如果不是兒童互助組的工作人員勤奮地幫助，真情的關懷，一個六歲的孩子會說這樣動人的說話嗎？

No Compromise in the Fight for New Life

Age: 43 / Breast Cancer / 3 years

When I found out that I had breast cancer in July 1998, I could not believe that the diagnosis was real. Following the removal of my left breast, I underwent chemotherapy and bone marrow transplant. I had to bear the agony of chemotherapy and the feeling of isolation. Having two young children kept me from attempting suicide. Meanwhile, doctors at Kaiser Hospital introduced me to the Women's Cancer Support Group. The members demonstrated such sympathy and understanding towards me. I have constantly found renewed strength from the group meetings. The love of our group leaders gave us hope to live. The support group has also helped my family. My husband accepted the fact that I had cancer, and showed total love and support during my chemotherapy sessions. A testimonial to the diligent help that my 6-year-old daughter received in attending the Children's Support Group is her comment, "Mommy, even if you are bald, I still love you. You still look beautiful."



玉卿

抗癌歷程

七十七歲／乳癌／五年

所謂“談癌色變”，一般的人也會有這種觀念的，尤其是中國人。有些人甚至見到癌症的病患者，也退避三舍，以為癌症是可傳染的。我於一九九六年期間發現患上乳癌的時候，除了丈夫及子女外，沒有告訴過任何人。事實上，是由自我檢查而發現右乳有一小硬塊，才去找醫生的，因為在每年的檢查中沒顯現。據醫生說，當癌細胞還沒擴大到一公分時，X光是照不出來的。所以要照到第三次，又用超聲波，抽纖維等檢驗，才証實了是乳癌。從自我乳房檢查到醫生診斷證實是乳癌時，有幾個月的時間，可幸還是初期；我猜可能是年紀大，癌細胞擴散較慢之故啦。

當醫生証實我患上乳癌時，我也沒有感到晴天霹靂，反而明白到要接受事實，決心與癌魔搏鬥。當時，我堅持每天早上打太極拳一小時，下午才去醫院接受治療。大約經過兩個月，也沒有告訴一起做運動的朋友們，以免他們大驚小怪，說不定還要疏遠我哩！我天天打太極拳，天天去醫院接受治療，乳癌終被征服了。遵醫生指示，每天要服藥，到五年為止；如不復發，便算康復正常了。

現在我仍然每天打太極拳；我覺得打太極拳對我健康有很大幫助，我很有信心。今天我雖然已介七十七歲高齡，還有這樣的活力，我非常欣慰。這次參加“藝術掛被”的編製，希望道出我的心聲與大家分享“生命在於運動！運動乃健康之源！”

My Experience in Resisting Cancer

Age: 77 / Breast Cancer / 5 years

Everyone is scared of cancer. The Chinese are especially suspicious of this disease. Some even go to great lengths to avoid people with cancer. Therefore I did not tell anyone except my husband and my children when I discovered I had breast cancer in 1996. It took three mammograms, ultrasound, and biopsy to confirm that the small lump on my right breast was cancer. I realized I needed to face the disease and decided to win the fight. Each morning, I pushed myself to practice an hour of Tai Chi before I would go for treatment in the afternoon. I eventually recovered. Now I have been put on daily medication for five years. I continue my Tai Chi exercise everyday. I believe exercise is important in order to stay healthy. I am still energetic at 77. In the quilt project, I would like to share my thoughts "Life comes from exercise! Exercise provides a source for life!"

LING LING



生命的花朵

四十六歲／肺癌／五年

一九九六年八月，我因咳嗽不止，甚至咳出鮮血，所以前往急診室就醫。急診室的醫生替我拍了一張胸腔的X光，看見肺上有黑影。懷疑我患有肺結核。於是，我被安排做一系列的化驗和檢驗。一個月後，醫生宣告我罹患了肺癌。聽到這個診斷，我心裡一直想這是不可能的。自己不吸煙，家人也不吸煙，但為何我會患有肺癌？我相信命運有它的安排，我安靜地等待醫生的指示，並沒感到太害怕。

我原本只打算把這個消息告知我先生一人，女兒在外地讀書，我不想讓她擔心。我先生知道後，比我還憂心害怕。他自願將診斷結果告訴子女。我的子女是比較安靜的孩子們，他們對我患癌的消息並沒表示太多的意見。但在我接受治療期間，女兒常打電話問候，讓我感到欣慰。我也將這個消息告訴幾位親戚朋友。我不想告知太多人，因為多數的中國人不喜歡討論或接近癌症患者，我怕他們得知我的病情後，不與我作朋友。知道消息的親戚朋友非常關心我，常打電話問候及了解情況。接受化療的滋味和那種感受是無人能體會的。在第一次接受化療後才坐起身就立刻暈倒。吃了止吐藥後，口齒不清，頭腦混亂，肌肉僵硬，好像是中風似的。我開始感到害怕，只希望化療能快點結束。原本不幫忙家務的先生，這時也自動地洗衣，準備晚餐並做其它家事。我自己很堅持要活下去，沒胃口時也強迫自己進食。

患癌之後，我才領悟到，要好好珍惜自己身體和生命。我現在堅持運動，也注重營養，因為開過刀後的自己就像獲得重生。參與“藝術掛被”工作坊，我在掛被上繡了花朵，因為自己在得病前，不懂愛惜身體。但現在，我盡量讓自己的生命多彩多姿，就像春天的花朵。

Flowers of Life

Age: 46 / Lung Cancer / 5 years

After a series of tests and medical exams, I was diagnosed with lung cancer in September 1996. I found this hard to believe because no one in my family ever smoked. Despite my disbelief, I remained calm and waited for the doctor's directions. I intended to tell only my husband, but he decided to also tell our children. Although I had not planned on telling too many friends for fear of rejection, those with whom I shared the news showed that they cared. Throughout my treatments, my daughter from afar, friends and relatives often called to check on me. Because of the adverse reaction I had during chemotherapy, my husband started helping with housework and cooking. I told myself I needed to live on and I would force myself to eat even when I did not want to. Ever since I had cancer, I realize that I need to appreciate life and take care of myself. Now I exercise and eat nutritiously. I embroidered flowers on the quilt to signify the bright life of spring flowers; like them, I would lead a bright and cheerful life.

回顧六年來的蹉跎歲月，我經歷了人間的滄桑。一場惡夢，就在我移民美國前夕的一天揭開了序幕。

移民前的六個月，國內一位資歷深厚的醫生告訴我，我左胸上有一塊良性腫塊，不必介意。但在我移民的前幾天，我卻出乎意料地收到通知，我患上了乳癌。即時進醫院接受乳房切除手術，突如其來的精神打擊，使我難以接受這個事實。就這樣，我帶著手術後還未復原的身軀登上了來美的飛機。這一切只不過是個開始。

由於我對癌症的認識不足，加上手術後左手不能活動自如，心情十分沉重。身體上的缺陷，使新移民的生活更困難。生活上的困境，連同家裡那個長期患病的丈夫，怨恨隨即而來。每天跟丈夫爭吵已成為我們那黑暗斗室生活中的特約節目。我感覺人生再沒有什麼意義，肉體和心靈上的創傷使我的精神快達到崩潰的邊緣。

我由一個溫柔和順的人變成一個脾氣暴躁的婦人。記得有一次，我十三歲的兒子在我面前做了一個滑稽的動作。我不由分說，脫下鞋子就向著他打。兒子被我打哭了，他邊哭邊說：“每天只見父母在吵架，他只希望這動作能為家裡帶來一點兒歡笑聲。因為移民到美國後，就沒有聽過家庭的笑聲了。”兒子的話，使我當晚整夜不能入睡。既悔恨，又自咎。我感覺兒子比我堅強，他盡力在這個父母不融洽的新環境下適應著。反而我沒有盡到一個家長、一個成人應有的責任。從此我埋藏內心的痛苦，再盡母親的責任。

後來，我參加了癌症婦女互助組，使我更明白如何面對因癌後帶來的轉變，我認識到生命是有限的，但不能束手待斃。活著一天就得去做自己該做的事情，就得開開心心地過一天。我感覺好像從惡夢中翻過身來，重拾破碎的心靈。

我深知前路仍是艱難的。但我學會了對將來抱有希望，更認識到如何照顧自己。兒子的勤奮向上、堅強的做人意志，給了我莫大的安慰和鼓舞。回顧這六年來的崎嶇生命道路，使我明白到癌症雖可怕，但失去了人生的鬥志才是最可怕的。

Fighting to Live

Age: 48 / Breast Cancer / 6 years

Six years ago, I felt I was leading the most tormented life that anyone could image. It all started with the diagnosis of breast cancer in China. I had to have mastectomy right away because I was scheduled to immigrate to the U.S.. My body had barely recovered from a total mastectomy when I made the trip. I felt that death was very close. Life as a new immigrant in the U.S. was very difficult. Barely able to care for myself, I had to work hard to support my family. I frequently argued with my husband who suffered from a chronic illness. I was consumed by pain, emotionally and physically. I hit bottom one night when my 13-year-old son made a funny face at me and I hit him with a shoe. My son was trying to make me laugh, when there was no longer laughter in my family. I realized that I had lost sight of my role as a parent, my responsibility as an adult, and my will as a person. I decided right then I would fight to live and to resume my responsibilities. I prayed to God to grant me at least five productive years when I could work until my son turned 18 and could take better care of himself. Later on I joined the Chinese Women's Cancer Support Group that helped me to cope. Now I am hopeful. My son's achievement at school has been the highlight in my life. Life is short and each day is precious; we must take control and do things that will make us happy. Cancer is devastating, but not more devastating than losing one's hope and purpose in life.

選擇快樂人生

六十六歲／直腸癌／十六年

我在一九八五年證實患上直腸癌。本來要馬上開刀，但因醫生認為腫瘤已較大，有 1 x 4.5 公分大小，要先做電療，將腫瘤縮小後再開刀。我經歷了三個月的電療和八個半小時的手術，同時做了人工肛門，成為一個殘廢的人。不能正常解決大便，每天要做灌腸和清潔，生活上增加了許多不便。但是，我知道醫生一定先考慮要徹底割除腫瘤，挽救生命才最重要。

初時，每天做灌腸和清潔沒有經驗，貼在身上人工肛門的袋子稍不留意，貼得不夠平服，就會有異味逸出。心裡緊張，甚至不敢到人多的地方，怕難為情。

有一次，當我一人在浴室灌腸時，房間裡的電話鈴突然響了，我一時心急，站起來打算去接聽電話，不小心弄得一塌糊塗。髒東西搞得全身、滿地，甚至牆上都是，狼狽不堪。我只得獨自邊含淚，邊收拾殘局。

我最擔心的就是怕自己的病復發。平日不論有任何不適，都會懷疑舊病又回來了。但因為我是基督徒，相信生命在上帝的手中，人不能用思慮使自己的壽命多加一刻。生命的長短由不得自己，但是生命的質量可以選擇，何不找些快樂和有意義的事去做。我發現越多幫助和關心他人，自己就更知足，懂得感恩。自己的生活就更加快樂和有意義。因此，直到如今我仍上班和做義工。

梅 梁惠基

Choose To Live A Happy Life

Age: 66 / Rectal Cancer / 16 years

Once it was confirmed that I had rectal cancer in 1985, I underwent an 8 1/2-hour surgery. I had to have a colostomy followed by radiation treatments for three months. Initially the daily care of irrigating my colostomy was awkward. It was an inconvenience to my life. I was anxious and would avoid being in public, because I was afraid of being embarrassed by the odor that might leak from my bag. One day as I was cleaning the stoma by myself in the bathroom, the telephone rang. As I rushed to get the phone, the stool spilled all over me and all over the bathroom. In tears I had to clean everything up. What worried me the most was the recurrence of the cancer. I am a Christian, I came to realize that worrying was not going to extend my life at all. We have no control over the length of our life, but we can choose to live the kind of life we want. I decided to bring myself happiness, by being involved in work that is meaningful and joyful. For the time being, I am working and volunteering. I have learned that the more I care for and help others, the happier I become.



鄺妙娟

互相關心

五十歲／肺癌／兩年

一九九九年二月，我打算申請家庭托兒的牌照，去三藩市總醫院作身體檢查。當時照了胸腔X光，醫生見到左右肺上各有二三個可疑的斑點。報告出來後，診斷出是肺癌，需要做手術切除。經過一番爭扎，我決定聽從醫生的指示，切除半個右肺。同年八月，我再次進了手術房，將左肺的一片肺葉切除。

如果你問我發現自己患有癌症時，心裡感受如何？我想“徬徨無助”是最恰當的形容詞。我很害怕，也很擔心。害怕自己的癌症是無藥可醫，擔心自己的孩子沒人照顧。哥哥、妹妹及同事們給我很大的勇氣和支持，要我意志堅強，面對現實，及接受醫生的建議。他們甚至答應我，若我有不測，會幫我把孩子養育長大。丈夫和我的兄妹、家人常因我要在何處接受何種治療而爭吵。此後，我得到華人癌症互助組的支持和安慰，他們的經歷加強了我的信心和力量。最後，我決定在美國做手術。要再次做手術時，丈夫由反對的態度轉為支持我自己作決定，當時我的心情就不再猶豫了。

我發現多數的中國人非常害怕談論癌症。在自己經歷了二次與癌奮鬥後，我發覺不談論或忽視癌症並不能防止它的發生。我真的很感謝當初在我身邊給我鼓勵和支持的親人和朋友們。他們讓我現在能有勇氣去面對癌症，不再害怕。我也終於學會珍惜自己和生命，小心和注意飲食，並聽從醫生的指示，每三個月做一次定期的電腦掃描。這一次，我將由互助組、親人和朋友們那裡所接受到的愛，編織到藝術掛被上，織成一個大的愛心，感謝他們把希望及樂觀重新帶入我的生命中。

Caring For One Another

Age: 50 / Lung Cancer / 2 years

I discovered I had lung cancer from a chest X-ray to obtain a family childcare license. Half of my right lung had to be removed. Within a few months, another surgery was required to remove a tumor from my left lung. The surgeries left me helpless and devastated. I was worried that I could not be healed, and that my children would be left without care. My siblings and co-workers provided practical help and even promised to bring up my children if I were to die. What made the situation more difficult was when my husband and my siblings argued over where I should seek treatment, in U.S. or in China. Attending the support group gave me strength and confidence to make my decision in getting treatment in the U.S. My husband changed and became supportive of my decision. I learned that we should not be afraid of cancer. Not talking about cancer does not prevent the disease. I am thankful for family and friends who helped and encouraged me. I have learned to love life and myself. In the shape of a loving heart, I put onto the quilt the love from the support group, friends and family. I thank them for bringing hope back into my life.

鄭靜儀

我的生日禮物 —— 癌

四十八歲／乳癌／兩年

一九九九年是我最難忘的一年。正當我事業高峰期，深得公司讚賞重用，工作上得到認同時。誰料，世事盡不如人意的平順。

就在我生日前一星期，收到乳部檢查的報告：右邊乳房部有腫瘤。經化驗後，證實是第二期乳癌。醫生安排抽取淋巴球化驗，結果出來是癌細胞已擴散到淋巴球。當我聽到醫生的報告時，就像一下跌到谷底，一片空白。我不禁問自己“怎麼可能？”因為在家人、親戚、朋友和同事中，我是最健康的一個。全世界的人都病了，我連感冒都不會有的。我不抽煙，不飲酒，不揀食，定時運動。“癌從哪裡來？”我問醫生。醫生說：“我也不知道。如果我能知道，我已得諾貝爾和平獎。”生日？這樣的生日禮物，我可以不要嗎？

我相信很多聽到自己患有癌症的人士會帶有疑問或責怪自己：“為什麼？為什麼是我？上帝不公平！我人又好，又有愛心，又勤力。我做錯了什麼，得到這樣的處罰？”

我對癌的認識是從少女時代在愛情小說和電影中認識。男女主角不能白頭諧老，都是因另一方得了死症——癌。所以我認識中的癌症是絕症。知道自己有癌症後，我決定“死就死。但就算死，也要死得有價值。完成我的工作，幫助需要我幫助的家庭、社區。”

在治療過程中，我才知道自己身體非常虛弱，很容易感染細菌。我將四個月的治療作為自己放大假休息，享受與家人和朋友在一起的生活。雖然，這個大假有點痛苦，肉體的痛苦沒有人可代替，也沒有人肯代替。我將這治療作為對自己的另一挑戰。人生的路，每天都在接受挑戰。道路不會是平坦的，途中可能要爬高山，過河流，會有飛禽猛獸，看你能不能擋得住。治療令我脫髮嗎？一開始脫髮時，我便將頭髮全剃光。治療令我消瘦嗎？好，反正我想減肥。一切從好的方面去想。有兩次要立刻送到急診室，有生命危險。用自己的堅毅，樂觀，隨遇而安和不服輸來戰勝癌魔。

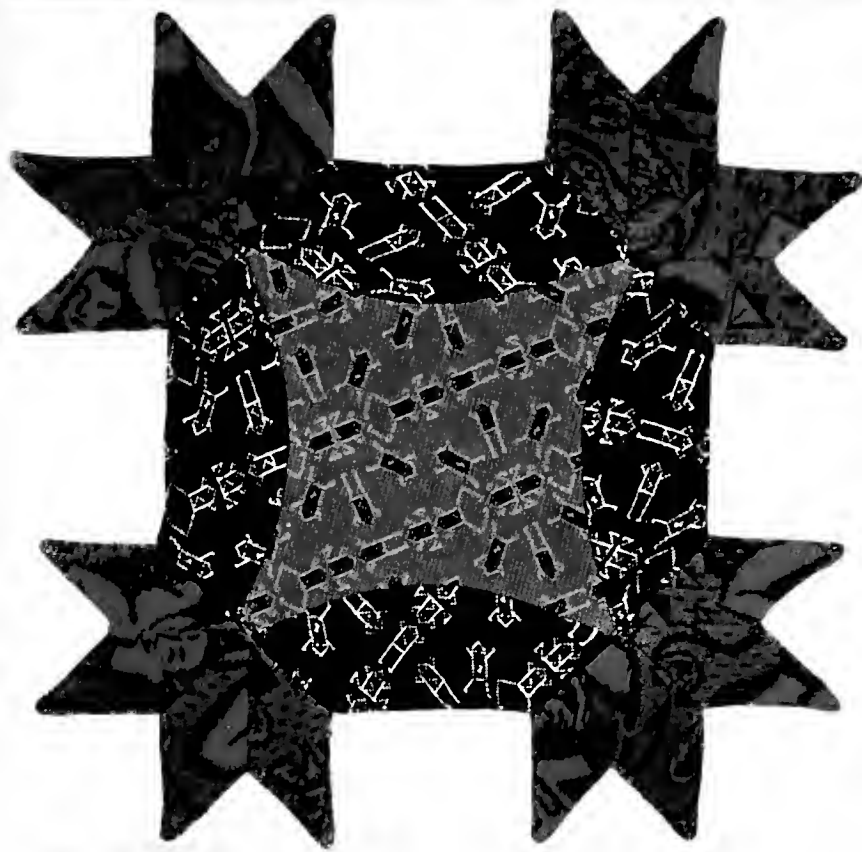
我很感激我以前的上司 Carol Frank 在繁忙中陪我去治療，以前的總監 Norman Yee 的體恤，以及同事、下屬的關懷。我的家人更加是無微不至。多謝 Linda、Lucy、David 擔起我的工作。家長 Man Mei 和 Lisa Lim 每星期的湯水補身，由治療到現在不斷供應，令到我健康復原神速。幫助我重新投入社會，做出貢獻。

My Birthday Gift - Cancer

Age: 48 / Breast Cancer / 2 years

The year 1999 was a tragic one for me. In the midst of a successful career and accomplished work, and a week before my birthday, I was diagnosed with second stage breast cancer. The cancer had spread to the lymph nodes. I could not believe this! All I knew was cancer patients usually died at the end. It was hard for me to tell the bad news to friends and family. Later on, I understood that cancer is not necessarily a fatal disease. I underwent treatment. I adopted a positive attitude. Chemotherapy was a time that I used to spend with my family. Decreased appetite was my chance to lose some weight! The fight against cancer is one of life's challenges. It takes a person herself to be strong and to win the fight, while friends and family show support. I am thankful to my former boss, Carol Frank for taking me to medical appointments, to the director Norman Yee for comforting me, and to my co-workers Linda, Lucy and David for taking over my workload during chemotherapy; and to Man Mei and Lisa Lam for the weekly soups to guarantee a speedy recovery. Last but not least, I am thankful for my family.

德



愛惜自己、珍惜生命

六十三歲／乳癌／七年

我在一九九四年十二月發現自己患有乳癌，是在左邊的乳房。我最初時摸到的是一小粒，醫生說不是癌，我也沒有多向幾位醫生求證。結果那個小粒逐漸長大，以致最後整個左乳房都要被切除。

當我知道自己患了癌症後，感到很頹喪，怕自己活不久，怕只剩下幾個月的生命。我感到非常痛苦。化療的過程很辛苦，口腔受損，喉嚨又痛，吞食都很困難，日子很難捱。最後我連一根頭髮也沒有了。我多次想到：“如果可以一直睡覺下去，不醒來就好了。”那種心理和精神的痛苦是無法形容的。

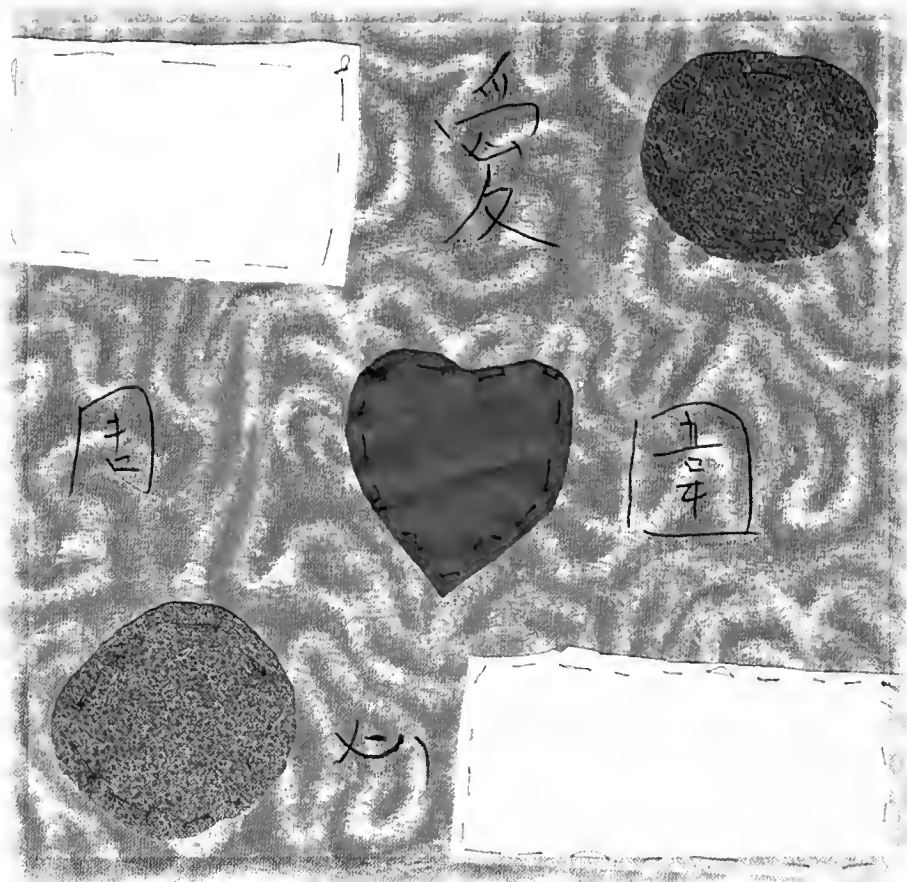
幸而我的丈夫很支持我，很多親人遠道而來探望我，給我鼓勵及打氣，精神振奮許多。除了與丈夫及親戚講述自己的情況外，也可以在互助組裡吐心聲，並得到很多的支持和學習。我學到愛惜自己，珍惜生命。雖然我的左手臂仍感到痛和癢，但我會給自己多做按摩，注意飲食和到公園裡吸收新鮮空氣，做鬆弛運動以及多步行。現在，我感到舒暢很多了。

我很用心的去做這個掛被，做到自己滿意為止，所以覺得很開心。

Love Oneself, Appreciate Life

Age: 63 / Breast Cancer / 7 years

Misdiagnosis by my doctor led to the continued growth of a small lump that I discovered on my left breast in December 1994. Eventually, I had to undergo a mastectomy. Being a cancer patient, fearing imminent death, and enduring chemotherapy were all too painful to tell. Fortunately, my husband was very supportive. Relatives came from afar to visit and to brighten me up. Aside from my husband and family, I could also talk to the members in the cancer support group where I have received help and information. I learned to love myself and appreciate life. I can massage myself when I feel aching and itching on my left arm. I eat healthfully and enjoy the clean fresh air in the park. I do relaxation exercise and take walks. I feel so much better. I am very happy with my quilt piece, I worked on it to my heart's satisfaction.



決心戰勝鼻咽癌

五十三歲／鼻咽癌／一年

二零零零年五月，我檢驗出患有鼻咽癌。當時我非常害怕，恐慌及憂愁。害怕面對死亡，擔心子女沒人照顧。但慶幸的是，我沒有受到他人對癌症看法的影響，因為我相信自己。

我很坦然地和子女及兄長姊妹們討論自己癌症的情況。我也將自己的病情告訴幾位要好的朋友。她們給予我支持及鼓勵，有些還給了我經濟上的支援。

在與癌症共處的這段時間，我選擇面對現實，接受治療。禮拜天到聚會所和其他有相同信仰的弟兄姊妹們相聚祈禱。他們也給予我信心和力量，這是一種必勝的信念。我幾乎每天會去公園呼吸新鮮空氣，做鬆弛運動，精神便感到舒暢和開朗。參加互助組加深了我對癌症的認識，減少了對癌症的恐懼，讓我更有信心與決心戰勝癌症。組員們的支持和愛心對我有很大的鼓舞。

今年年初，參加藝術掛被的編製，整個工作過程令我從患癌以來，收到許許多多的愛心和同情心，使我有決心去接受治療，也發現自己多了同情心。我現在不太看重自己的癌症，不再害怕，能夠泰然處之。

Determined to Win Over Nasal-pharyngeal Cancer

Age: 53 / Nasal-pharyngeal Cancer / 1 year

When diagnosed of nasal-pharyngeal cancer in May 2000, I was scared and worried. I was afraid of death. I was afraid nobody would care for my children. However, I was confident in myself and could remain unaffected by how others viewed cancer. I talked about my illness openly with my children, my siblings, and a few close friends, from whom I received support, encouragement and even financial assistance. Through these days with cancer, I have chosen to face reality and treatment. Being able to worship with others on Sundays gave me strength, faith and the belief to win the battle. Daily walks to the park and relaxation exercises enabled me to feel alert and cheerful. Participating in a Cancer Support Group increased my understanding and decreased my fear of cancer. I received love and support from group members, who were most encouraging. My involvement in the quilt project has helped me to be more sympathetic and even more determined to win my fight. I no longer fear cancer; now, I can look at it and feel good about myself.



張潤娟

癌魔遠離我

五十四歲／鼻咽癌／五年

現在回想大約五年了。那時候，莫名其妙地整個頭都在疼，特別是腦。一向很少頭疼的我已感到不妙，不敢怠慢，趕緊去看醫生。中西醫都沒效，西醫慢吞吞的態度，專科推去看急症，急症又推回專科。這樣來來去去拖了半年，頭疼由輕轉重。本來只有頭疼，變成了鼻出血，口吐腥紅，眼睛看不見物體。那時才批准我去化驗。結果說是我患了鼻咽癌，讓我趕緊治療。接著而來的電療及化療把我折磨得形銷骨骸，不似人形。化療後，食難下咽；好不容易地把食物吃下，一眨眼就嘩啦嘩啦地全吐出來。體重急劇下降，人就像漏了氣的皮球，穿衣服時才知道自己小了三個碼。顧影自憐，眼睛也睜不開，彷彿就快走完了人生。

我只有默默向主禱告，求主憐憫，或者求主可憐，就這樣慢慢地漸漸有了起色。隨著時光流水般逝去，體重漸有增加，氣色好轉。復元很慢的我，體重還未恢復，我也不想恢復，因為我從前是超重，現在體重反而標準了。

現在我每天早起，晨運與看朝霞，更是了解到，這是從前不能擁有的福氣。病海浮沉四年多，曙光乍現。感謝主！感謝癌症互助組！感謝四年多來關懷相伴的朋友。正是同病相憐，互愛勉勵，同心同德，共創新生。癌症患者總是需要更多的注意、關懷及愛心來幫助他們活下去。互助組和朋友們為他們的生命帶來勇氣及毅力。自己是在診斷罹患癌症後，才發現原來身邊是有這樣多的人愛我，關心我。現在，借以製做藝術掛被來表示我的感激。

Cancer, Depart From Me!

Age: 54 / Nasal-pharyngeal Cancer / 5 years

Five years ago, I had to go through hurdles to arrive at the diagnosis of nasal-pharyngeal cancer. I first went to the doctor because of unusual headaches, neither the Chinese nor Western doctors were able to cure the headaches. I was shuffled back and forth between specialist and primary care clinic. After half a year, the headaches became more severe, and I had more symptoms, such as nasal bleeding, spitting of blood and blurry vision. Immediately after the diagnosis, I went through the agonizing treatment of chemotherapy and radiation. I lost weight, I could not eat, I had no energy, and I was alone. As I prayed to God for mercy, I gradually recovered. Now as I rise early each day to exercise under the morning sun, I am thankful to God, to the cancer support group, and to friends who have provided help and support through these years. Cancer patients need care, love and help in order to survive. Since my illness, I came to realize that I am loved by so many. I made the quilt to show my gratitude.

過來人



心聲

三十九歲／卵巢癌／六年

化療叫人身心疲乏到極點。製造掛被鉤起一絲絲酸痛的回憶。慶幸今日不用接受化療。但願它對正在或曾經接受過化療者說聲：“我理解你的感受。”

癌患纏身，既難且苦；
化療前後，判若兩人。

死亡邊緣，神伴我走；
漫漫長夜，幽谷安渡。

一線生機，珍惜今日；
期待明天，美好安康。

Voice from the Heart

Age: 39 / Ovarian Cancer / 6 years

Making the quilt reminded me of the pain of chemotherapy, of how it could ravage one's body and spirit. With the quilt, I wish to tell those who went through or who are going through chemotherapy: "I understand how you feel!"

Cancer raids with affliction so rue,
Chemo makes a different person of you.

In the shadow of death, God's presence at sight,
Carries me safe, through the shadow of night.

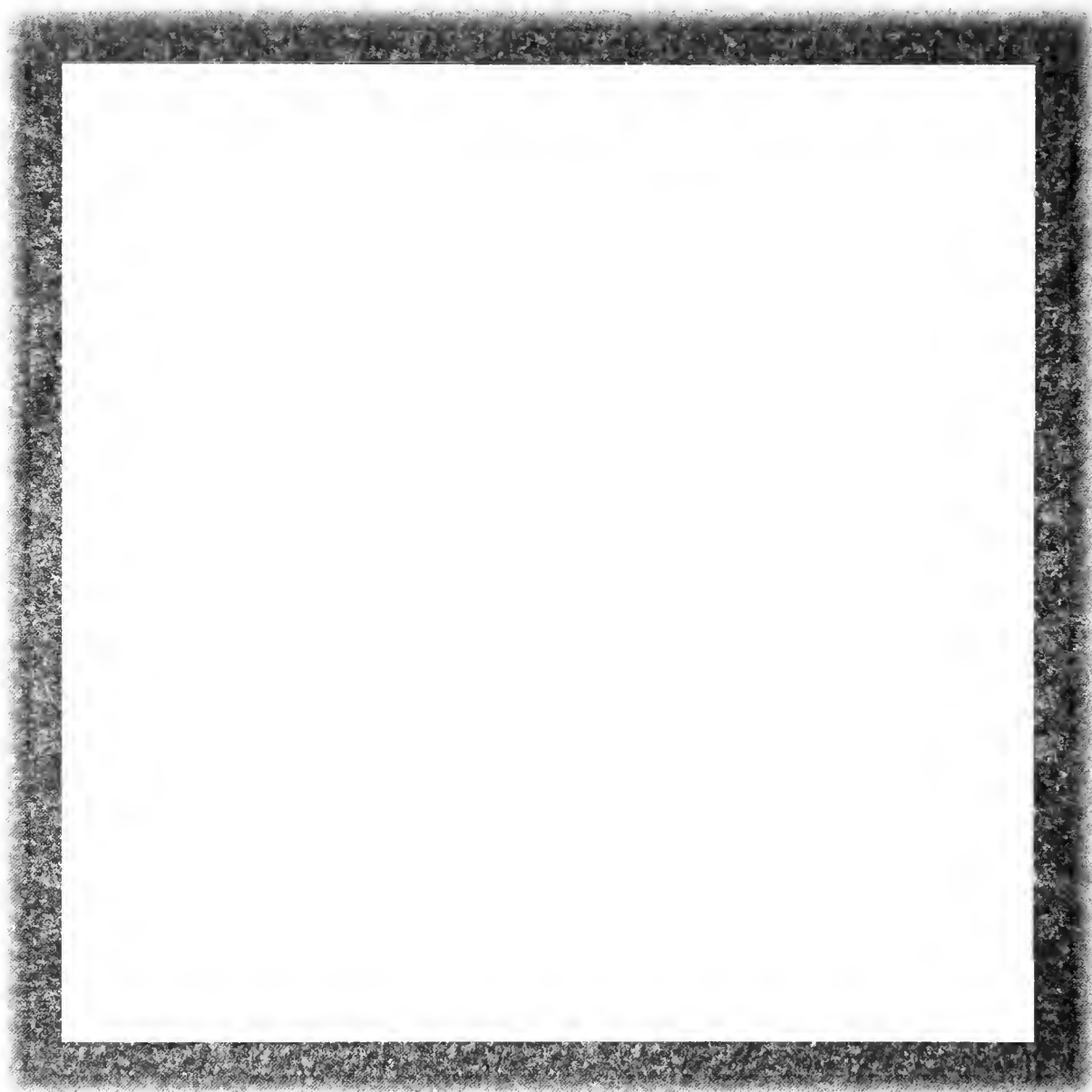
A chance for life, I treasure today,
And healthy vision, awaits the next day.

American Cancer Society Guidelines For the Cancer-Related Checkup 美國防癌協會防癌檢查指南

A cancer-related checkup is recommended every three years for people 20 to 40 years old, and every year for people age 40 and older. This exam should include health counseling and, depending on a person's age, might include examinations for cancers of thyroid, oral cavity, skin, lymph nodes, testes, and ovaries as well as for some non-malignant diseases. Special tests for certain cancer sites are recommended as outlined below. Persons with a family or personal history of cancer should discuss guidelines with their physicians.

成年人應定期接受防癌檢查：二十至四十歲每三年一次，四十歲以上每年一次。按個人年齡而定，這些檢查應包括甲狀腺、口腔、皮膚、淋巴核、睪丸、卵巢、其他非惡性疾病與及健康輔導。以下圖表列出一些宜進行的癌症測驗。凡有個人或家庭患癌病歷的人士應與醫生商討對策。

Cancer Site 癌症部位	Test or Procedure 測試／檢驗	Sex 性別	Age 年齡	Frequency 次數
Breast 乳房	Breast Self Exam 乳房自我檢查	F 女	20 and over 20歲或以上	Every month 每月1次
	Clinical Breast Exam 臨床乳房檢查	F 女	20-40 20-40歲	Every 3 years 每3年1次
	Mammography 乳房x光透檢	F 女	Over 40 40歲或以上	Every year 每年1次
Cervix Uteri 子宮及子宮頸	Pap Test 柏氏塗片化驗	F 女	Women who are or who have been sexually active or have reached age 18 18歲或以上，曾經或現在有性生活者	Every year, may be less frequent after 3 or more consecutive satisfactory normal annual exams 每年1次；如果連續3年或以上的化驗結果均為滿意的話，可減少次數
	Pelvic Exam 陰部檢查	F 女	18-40 18-40歲	Every 1-3 years 每1-3年1次
Colon and Rectum 大腸及直腸	Fecal Occult Stool Blood Test 大便潛血檢驗	M&F 男女	50 and over 50歲或以上	Every year 每年1次
	and 和 Flexible Sigmoidoscopy 可屈性乙狀結腸鏡檢	M&F 男女	50 and over 50歲或以上	Every 5 years 每5年1次
	-OR- -或- Total Colon Exam with Double Contrast Barium Enema 下消化道攝驗	M&F 男女	50 and over 50歲或以上	Every 5-10 years 每5-10年1次
	-OR- -或- Colonoscopy 大腸鏡檢	M&F 男女	50 and over 50歲或以上	Every 10 years 每10年1次
Prostate 前列腺	Digital Rectal Exam 直腸指檢	M 男	50 and over 50歲或以上	Every year 每年1次
	Prostate Specific Antigen (Given with information about benefits and risks prior to testing) 前列腺抗原血液檢查 (在檢驗前您應清楚其好壞)	M 男	50 and over 50歲或以上	Every year 每年1次



如要索取一本刊物或支助華裔癌症婦女的工作，請聯絡：

If you wish to receive a copy of this book or to make a donation to support programs for Chinese women with cancer, please contact:

三藩市公共衛生署、華埠公共衛生局、保健教育部

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